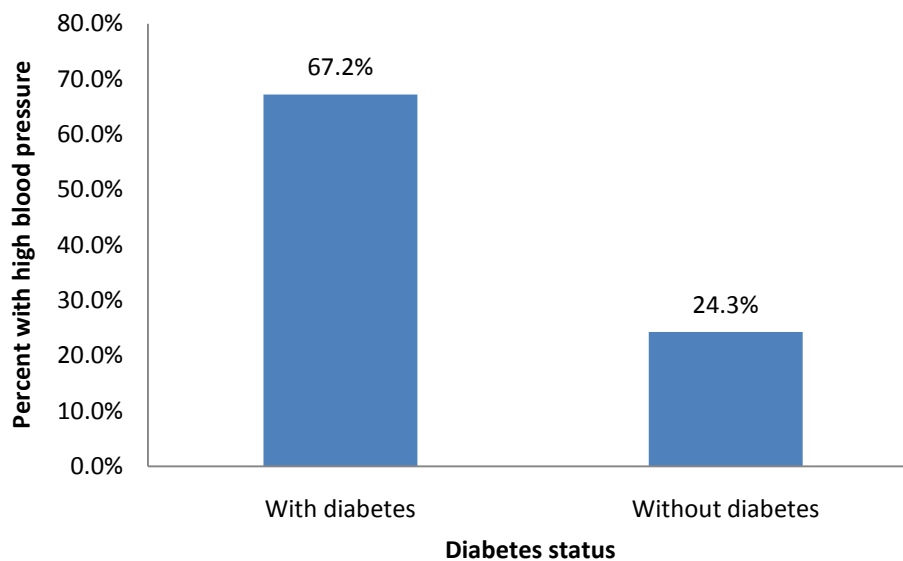


## Hypertension (High Blood Pressure) among Persons with Diabetes

High blood pressure is defined as systolic blood pressure greater than 120-139 or diastolic pressure greater than 80-89.

- In 2009, 27.8% of all adult Virginians had high blood pressure.
- In 2009, 67.2% of adults with diabetes had high blood pressure, compared to 24.3% of adults without diabetes. Persons with diabetes are nearly **three times as likely** to have high blood pressure as those without diabetes.

**Percent of adults with high blood pressure by diabetes status, Virginia, 2009**



Source: Behavioral Risk Factor Surveillance System (BRFSS), 2009.

Data notes: Percents are weighted based on demographic and household characteristics.

### Healthy People 2020 Objectives:

(HDS-5) Reduce the proportion of adults with high blood pressure to 27%.

(D-7) Increase the proportion of the population with diagnosed diabetes whose blood pressure is under control to 57%.

### American Diabetes Association Recommendation:

A blood pressure measurement should be taken with every office visit.

Persons with diabetes should have lower blood pressure than those without diabetes: less than 130/80 mmHg.

Sources: U.S. Department of Health and Human Services, National Institutes of Health- National Heart, Lung, and Blood Institute; Virginia BRFSS, 2009.

American Diabetes Association: [High Blood Pressure \(Hypertension\)](#); [www.diabetes.org](http://www.diabetes.org).